

Top 10 Reasons to Consult with an RD

Here are just a few of the reasons people seek the expert, science-based advice of a registered dietitian.

1 You have diabetes, cardiovascular problems or high blood pressure. An RD serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.

2 You are thinking of having or have had gastric bypass surgery. Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.

3 You have digestive problems. A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.

4 You're pregnant or trying to get pregnant. A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.

5 You need guidance and confidence for breastfeeding your baby. A registered dietitian can help make sure you're getting enough iron, vitamin D, fluoride, and B vitamins for you and your little one.

6 Your teenager has issues with food and eating healthfully. A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.

7 You need to gain or lose weight. A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while allowing you to still eat all your favorite foods.

8 You're caring for an aging parent. A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds for aging parents.

9 You want to eat smarter. A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive; and learn how to eat out without ruining your eating plan and how to resist workplace temptations.

10 You want to improve your performance in sports. A registered dietitian can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.

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